

HW Results December 2008

December 2: Crystal Palace Canter – Road - (approx 3-miles), SE19

1 Neville Webb (Dulwich R) 20:04. **HW:** 14 Ian Isherwood 26:06; 16 Kevin Burnett (2C) 29:42

December 3: Woking 3-mile Handicap (road)

1 Dennis Williams (HW) 22:52. **Other HW:** 29 Kevin Burnett (2C) 27:31

Fastest times:

1 Richard Johnson (Petrofac) 15:56. **HW:** 21 Dennis Williams 21:52; 37 Kevin Burnett (2C) 27:31 (38 finishers)

December 3: Southern Students Indoor Championships, Lee Valley

Men

400 (heat 3): 3 Aaron Mason (Imperial College) 52.8

December 6: Ranelagh H Dysart Cup (Women) 4.09 miles, Richmond Park, Petersham

1 Claire Grima (HW) 25:35; 2 Liz Wynn (Serp) 25:42; 3 Stephanie Robson (HW) 25:45. **Other HW:** 5 Estle Viljoen 26:36; 16 Ella Benedict 28:21; 18 Shelley Cleghorn (HW debut) 29:45; 29 Kate Buchanan 31:06; 30 Marilena De Luca 31:09; 33 Caroline Hicks 31:23; 34 Nicole Paton (HW debut) 31:25; 39 Rowene Hornshaw 33:24 (44 finishers)

TEAM (5-to-score): 1 Hercules Wimbledon 38; 2 Serpentine 45; 3 Ranelagh 55; 4 Stragglers 72 (This was HW's first ever team victory in this event)



The HW 'history girls' after stunning the opposition in Richmond Park



Claire on the way to her first ever victory in a women's only cross-country race

December 6: Ranelagh H Ellis Trophy (Men) 5.55 miles, Richmond Park

1 Nick Torry (Serpentine) 29:43; 2 Andrew Penney (HW) 29:53. **Other HW:** 7 Liam White 31:10; 9 Arnaud Claverie 31:14; 20 Geordie Logan 33:04; 24 Phil Glynn 33:51; 32 Stewart Bond 35:24; 38 Dan Pescod 35:46; 47 Frank Wood 37:04; 50 David Grima (HW debut) 37:23; 61 Tom Cheetham 38:50; 65 Peter Giles 39:25; 73 Yuzo Saito 40:08; 78 Vince Watmon 41:01; 84 Steve Hadley 42:43 (99 finishers)

TEAM (10-to-score): 1 Serpentine 118; 2 Stragglers 165; 3 Hercules Wimbledon 215; 4 Ranelagh 322

TEAM (6-to-score): 1 Serpentine 43; 2 Stragglers 60; 3 Hercules Wimbledon 75; 4 Ranelagh 135; 5 Dulwich Runners 162; 6 Milocarians 191



A magnificent second place by Andrew and the new HW tent makes its debut

December 6: Park Run 5km, Bushy Park, Teddington

1 Richard Lazell (Unattached) 17:08. **HW:** 30 Martin O'Halloran 19:39; 99 Barry King 22:03 (346 finishers)

December 6: Park Run 5km, Wimbledon Common

1 Matt Furber (Crawley AC) 17:19. **HW:** 21 Anna Garnier (2C) 20:54; 34 Mark Bohan 22:32; 50 Alice Village 24:52 (67 finishers)

December 6: Grim Challenge 8 miles off road, Aldershot, Hants

1 Eric Phillips (Serpentine) 51:40. **HW:** 13 Stuart Fraser (2nd M40) 56:41 (1848 finishers)

December 6: Fraternity Cup, Trent Park

1 P Howill (Highgate H) 25:24. **HW:** 3 James Trapmore (2C) 26.40

December 6: Birmingham & District XC League, Division 1, Abington Park

1 Jean Ndayisenga (Birchfield H) 32:40. **HW:** 182 Colin Bricher 60:54

December 6: Kepler Off Road Challenge 61km, Fiordland, New Zealand

1 Martin Lukes (New Zealand) 4:56:24. **HW:** 264 Kirstina Moore 9:18:16 (401 finishers)

December 7: Perivale 5-mile Road Race, Middx

1 Hussein Jama (Ealing, Southall & Mx) 26:18. **HW:** 100 Mike Kortenray (3rd M60) 35:38 (224 finishers)

December 7: Stockport 10-mile Road Race, Greater Manchester

1 Ben Fish (Blackburn H) 50:38. **HW:** 7 Mike Halman 55:04 (543 finishers)

December 7: Swanley Christmas Caper, 4.2 miles road, Swanley, Kent

1 Peter Tucker (Ravens School Runners) 21:68. **HW:** 120 Dennis Williams 33:12; 182 Ian Isherwood 35:56 (484 finishers)

December 7: Mornington Chasers 10km Road, Regents Park, London

1 Dave Peters (Herne Hill H) 34:21. **HW:** 55 Tom Morris 42:36; 136 Tomofumi Kikugwa (2C) 47:22; 252 Angela Kikugawa 55:05 (338 finishers)

December 7: Sussex Masters Cross Country Championships, Horsham M60

1 David Barry (Worthing) 40:15. **HW:** 5 Martin Miller 43:56

W45-54

1 Clare Aquilina (Arena 80) 28:11. **HW:** 6 Mel Jones 32:20

December 10: Bridges Road Handicap (2.3 miles), Westminster Bridge

Fastest: 1 Darryl Carter (Iron Head Racing) 12:38. **HW:** 12 Tom Morris 15:48; 19 Dennis Williams 16:48; 27 Kevin Burnett (2C) 22:27

December 11: Merton Schools Cross Country Champs, Cannon Hill Common

U19 Boys

1 James Greene (HW/Wimb Coll) 14:06

U17 Boys

1 Geordie Logan (HW/Wimb Coll) 12:53

U15 Boys

1 Joe Clark (HW/Wimb Coll) 10:19

Primary Boys (Years 5/6)

1 Ryan Ashby (Sacred Heart) 4:52; 2 Jack Attwater (HW/Haslemere) 4:57

U15 Girls

1 E Dey-Asage (Ursuline) 11:41. **HW:** 12 Antonia Drewett (Ursuline) 13:26

U13 Girls

1 Rebecca Stone (HW/Ursuline) 6.34

December 13: Hercules Wimbledon 5-mile Inter Club Cross Country, Wimbledon Common

1 Mike Halman (HW) 29:46; 2 Peter Lee (HW – 1st M40) 31:28; 3 Bill Gristwood (Vets AC) 31:40; 4 Hugh Saxby (1st M50) 32:23. **Other HW:** 7 Stewart Bond 34:38; 10 Frank Wood 35:35; 13 Martin Miller 36:10; 16 Anna Garnier (2nd W) 37:21; 21 Tom Morris 38:20; 22 Michaela Knespl (3rd W) 38:22; 23 Adam Fenton 38:26; 26 Maurice Sharp 39:11; 35 Dennis Williams 44:42

MATCH (8-to-score)

1 Hercules Wimbledon AC 73; 2 Veterans AC 92; 3 Kingston & Poly 135

MATCH (3-to-score)

1 Hercules Wimbledon AC 7; 2 Veterans AC 21; 3 Kingston & Poly 22; 4 Croydon H 30

Hercules Wimbledon AC Championship (Borough News Trophy)

Men: 1 Mike Halman, 2 Peter Lee, 3 Hugh Saxby, 4 Stewart Bond, 5 Frank Wood, 6 Martin Miller, 7 Tom Morris, 8 Adam Fenton, 9 Maurice Sharp, 10 Dennis Williams

Women: 1 Anna Garnier, 2 Michaela Knespl

Lauriston Running Club Championship

1 Peter Lee, 2 Hugh Saxby, 3 Martin Miller, 4 Tom Morris, 5 Maurice Sharp, 6 Dennis Williams

Full results here: <http://herculeswimbledonac.org.uk/results.htm#13/12>



Pete whistles away the HW 5-mile race on its way

Photo by Jeremy Hemming



Race winner Mike and first M50 Hugh in a fine display in the art of 'skimming'



Pete, Ian and Fred well prepared for a rainy race day on the Common

Photos by Ray O'Donoghue

December 13: Park Run 5km, Wimbledon Common

1 James Savage (Stourbridge RC) 17:01. **HW:** 3 Alex Robinson 17:44; 4 Jon Fairs (2C) 18:30 (49 finishers)



Alex sets the early pace in the Wimbledon Common 5km

Photo by Peter Brunnen

December 13: Park Run 5km, Richmond Park

1 Joshua Varney (Thames Turbo) 16:45. **HW:** 4 Neil Aitken (2C) 17:18; 8 Dion Harrison 17:46 (218 finishers)

December 13: Kings College School, Pupils v Staff v Old Boys, Cross Country, Wimbledon Common

1 Andrew Penney (HW/Pupil) 13:13; 2 James Trapmore (HW 2C/Staff) 13:15. **Other HW:** 9 Simran Kooner (Pupil) 15:54

December 14: Reigate Priory AC Holly Cross Country Runs, Reigate
U17 Men (3 miles)

1 Elliot Woolmer (Windsor, S, E & H) 15:37; 2 Liam White (HW) 15:45. **Other HW:** 7 Jonathan Burgess 16:36; 9 Geordie Logan 16:41; 10 Joe Toomey 16:50
TEAM: 1 Hercules Wimbledon 18; 2 Sutton & District 36; 3 Oxted School 41

U15 Boys (3 miles)

1 Peter Chambers (Croydon H) 16:14. **HW:** 8 Ed Saywell 17:24; 14 Joe Clark 18:42; 19 Matthew Burgess 19:36

TEAM: 1 Croydon H 12; 2 Windsor S, E & H) 14; 3 Oxted School 33; 4 Hercules Wimbledon 41

U20 Women (3 miles)

1 Ella Benedict (HW) 20:01

December 14: Bedford Half Marathon, Wootton, Beds

1 Jack Parslow (Shaftesbury Barnet H) 68:47. **HW:** 112 Frank Wood* 87:19 (1323 finishers)

*Competed in HW 5-mile XC previous day

December 14: Hastings Centenary Marathon, Sussex

1 Julian Rendall (Tonbridge AC) 2:36:31. **HW:** 32 Kwame Okojie 3:04:30; 52 Phil Glynn 3:09:13; 136 Thomas Cheetham 3:22:05 (1175 finishers)
Congratulations to Phil on achieving his aim of getting under 3:10, the qualifying time required to enable him to compete in the Boston Marathon.

December 16: HW Christmas Cracker Track Relay, Wimbledon Park
Each of the teams of 3 completed 12 laps with each runner completing 200m stages

Positions with Team Numbers - No times recorded

- 1 **6** Ed Saywell/Rory Blakeney-Edwards/Alex Bond
- 2 **10** Neil Fraser/Khalid Belhaj/Matthew Burgess
- 3 **2** Liam White/Paddy Stone/Rebecca Stone
- 4 **11** Stewart Bond/Yuzo Saito/Jack Blakeney-Edwards
- 5 **5** Jonathan Dobson/Max Allison/Marie Gilmartin
- 6 **16** Martin O'Halloran/Andy Davies/Tamsin Cargill
- 7 **8** Geordie Logan/Tim Livingstone/Sasha Kropf
- 8 **3** Joe Toomey/ Joe Clark/Devonia Casely
- 9 **1** Mike Halman/Caroline Hicks/Emily Martin
- 10 **13** Hugh Saxby/Dean Bilhaj/Ella Dobson
- 11 **12** Ben Cummings/Barry King/Olivia Archdeacon
- 12 **17** Gary Blesson/Emeka Majoka/Rowena Dyson
- 13 **7** Charlie Carrington/Mark Livingstone/Hannah Long
- 14 **4** Alex Robinson/Joe Sarucha/Oliver Livingstone
- 15 **21** Jose Costa/Henry Husband/Kyran Mitchell-Nanton
- 16 **16** Jonathan O'Halloran/Megan Brown/Geoff Walcott
- 17 **9** Adam Fenton/Rosemary Fernando/Emma Headley
- 18 **14** Tim Bartley/H Moulton/Masuma Dobson
- 19 **19** Mark Giraud/Neil Guthrie/Rebecca
- 20 **18** Sean Crummy/Jonathan Burgess/Jirina Andrews
- 21 **20** Tom Moulton/Oliver Moulton/Toby Moulton

Note: 21 teams: a record turn-out

December 19: Serpentine Last Friday of the Month 5km, Hyde Park

1 James Shane (Basildon) 15:16. **HW:** 78 Anna Garnier (2C -1st W50) 20:40; 113 Dennis Williams 22:26; 121 Marilena De Luca 22:50; 155 Ian Isherwood 25:06 (198 finishers)

December 20: South of Thames Senior Championship, Wimbledon Common
Men (7.5 miles)

1 Russell Dessaix-Chin (Belgrave H) 40:43. **HW:** 27 Mike Halman 44:45; 34 Aidan Hogan 45:34; 64 Peter Lee 47:47; 76 Alex Robinson (2nd U20) 48:48; 92 Hugh Saxby 50:15; 132 Stewart Bond 54:03; 135 Frank Wood 54:46; 163 Yuzo Saito 59:16 (215 finishers)

TEAMS: 1 Belgrave H 76; 2 Herne Hill H 88; 3 Aldershot, F&D 166 ... 9 Hercules Wimbledon 405



Aidan (166) working hard to place second HW home in the South of the Thames after recent 'flu problems

Photo by Ray O'Donoghue

December 20: Park Run 5km, Bushy Park, Teddington

1 James Trapmore (HW 2C) 15:49. **Other HW:** 22 Jonathan O'Halloran 19:05; 48 Martin O'Halloran 20:13; 72 Tom Morris 21:09 (306 finishers)

December 20: Park Run 5km, Richmond Park

1 Carl Assmundson (St Mary's Richmond AC) 17:00. **HW:** 60 Dennis Williams 24:14

December 20: Park Run 5km, Wimbledon Common

1 Jon Fairs (HW 2C) 17:47. **Other HW:** 36 Tim Bartley 22:34; 38 Rebecca Stone 23:06 (85 finishers)

December 21: Ronhill Classic 10km Road, Epsom

1 Tim Doran (OWLS, Leicester) 34:05. **HW:** 25 Dan Pescod (2C) 38:56; 63 Peter Giles (1st M60) 42:14; 86 Isabel Sutherland (2C) 43:58 (239 finishers)

December 25: 55th Lauriston Runners Club Paarlauf, Wimbledon Common

1 Ray Ward (HBT)/Ed Saywell (HW) 5miles 1759 yards; 2 Liam White (HW)/Claire Ward (HBT) 5:1361. **Other HW:** 4 Kieran White (HW)/Jake Roberts (unatt) 5:1122; 7 Gervase King (HW)/Mike Kortenaar (HW) 5:464; 8 Andrew Farquharson (HW)/Dennis Williams (HW) 5:242; 9 Martin Miller (HW)/Dave Betts (HW) 5:140; 10 Chris Coles (HW)/Melanie Jones (HW) 5:122; 11 Frank Wood (HW)/Steve Rowlands (Rane) 4:1721; 12 Joe Toomey (HW)/Tim White (HW) 4:1582

Full results: <http://herculeswimbledonac.org.uk/results.htm#25/12>

December 25: Parkrun 5km, Bushy Park, Teddington

1 Neil Aitken (HW-2C) 17:00. **Other HW:** 61 Yuzo Saito 20:33 (346 finishers)

**December 26: Boxing Day Fun Run 3.75M. Weyhill, Haslemere, Surrey
Men (no times taken)**

1 Matthew Pearson (Fleet & Crookham AC). **HW:** 11 Stewart Bond; 38 Alex Bond (220 finishers)

December 27: Lauriston/HW 7.5 mile Multi Terrain, Wimbledon Common

1 Andy Weir (Thames H&H) 39:03. **HW:** 5 Chris Coles 43:30; 6 Hugh Saxby 44:12; 8 Estle Viljoen (1st W) 47:03; 11 Stewart Bond 50:03; 12 Tom Cheetham 51:00; 13 Dennis Williams 55:11

Lauriston Championship: 1 Chris Coles; 2 Hugh Saxby; 3 Dennis Williams

Full results: <http://herculeswimbledonac.org.uk/results2008.htm#27/12>



Start of the action in the Lauriston/HW 7.5-miles - *Ray O'Donoghue photo*

December 27: Parkrun 5km, Bushy Park, Teddington

1 James Trapmore (HW-2C) 15:55. **Other HW:** 31 Steve Badgery 19:46 (260 finishers)

December 27: Parkrun 5km, Wimbledon Common

1 Martin Alvarez Espinar (Spain) 16:13. **HW:** 19 Tamsin Cargill (1st W) 21:58; 22 Michaela Knespl (2nd W) 22:16; 24 Tim Bartley 22:28 (44 finishers)



HW's latest signing Tamsin tracking Michaela during first lap on Wimbledon Common before heading for victory to give the club a 1-2 in the women's race

Photo by Yuzo Saito

December 26: Vale of Aylesbury Town Centre 5km

1 Jack Parslow (Shaftesbury Barnet AC) 15:09. **HW:** 31 Graeme Buscke (2C) 18:22
(200 finishers)

December 26: Glyneath 5 miles Road, Wales

1 Matt Janes (Pontypridd Rodents) 24:28. **HW:** 42 Gerard Crispie (2C) 30:56 (291
finishers)

December 28: Old Father Time Veterans' 5-miles Road, Cardiff, Wales

1 Austin Davies (Brecon AC) 26:30. **HW:** 42 Gerard Crispie (2C) 31:36